

# Delaware Bicycle Council News

Volume 8, Issue 1 - May 2004

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**A Cooperative Effort of the Delaware Bicycle Council and the Delaware Department of Transportation**

## Newark Earns Honorable Mention as "Bicycle Friendly Community"

The following is a letter received by Heather Dunigan, WILMAPCO, regarding Newark's standing as a bicycle friendly community...

*Dear Heather Dunigan,*

*Thank you for your Bicycle Friendly Community application. After careful review of your application and consultation with local cyclists, we have determined that Newark, DE should be recognized with an honorable mention designation.*

*The honorable mention designation is presented only to communities on the cusp of earning a Bicycle Friendly Community award. You should be proud of this accomplishment indicating that a*

*few additional improvements could earn a Bicycle Friendly Community award for your community in the future. We were particularly impressed with Newark for the plans set forth in the draft bicycle plan update. Look for a more detailed analysis of the strengths and weaknesses we saw in your application in the near future.*

*The League will promote your honorable mention status on our website for one year. We will gladly review an updated application next year, so we urge you to make as many improvements as possible in the meantime! Our application process is moving to an on-line format in our efforts to make the best use of the information you provide. Your application will be entered into this*

*online database and will be made available to you if you choose to apply again next year. A hard copy of this letter along with a certificate honoring your community for these efforts will be sent out later this week.*

*Once again, congratulations on your progress in creating a bicycle-friendly community.*

*Andy Clarke  
State and Local Director  
League of American Bicyclists*

For more information on "Bicycle Friendly Communities" see [www.bike-league.org/mediacenter/med-prs051503.htm](http://www.bike-league.org/mediacenter/med-prs051503.htm)

## Message from the Governor



Delawareans use their bicycles as a sport, a means of transportation, and as an enjoyable family activity. Bicycling provides health benefits to

the cyclist, but we all also benefit from the reduced air emissions from vehicles when someone chooses to cycle to work or go for a bike ride rather than drive to a gym.

Creating more bikeways and encouraging and enabling safe cycling is one of my favorite aspects of Livable Delaware. We implemented the Safe Routes to Schools program with

the goal of increasing the number of children and teens who can choose to bike to school. Whenever DelDOT repaves a road, a bike path is now placed alongside. I want people to truly have the choice - to take a car or a bike. And we're getting there, road by road.

The job of the Bicycle Council is to help inform us of ways to improve biking in Delaware. Your input is so important, please take the time to give us your thoughts...and get out there and ride!

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### Sussex County Bicycle Safety Committee

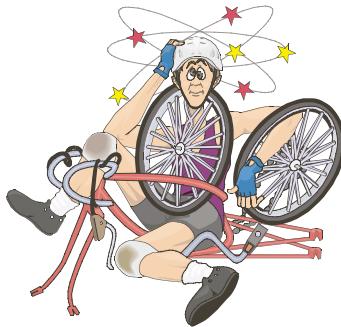
*By Lisa Moore, Office of Highway Safety*

This committee was originally formed in response to concerns about the high number of bicycle crashes in Sussex County during the summer tourist season. The committee is comprised of members from the emergency room professional staff of Beebe Hospital, the Delaware Department of Transportation, the Delaware Office of Highway Safety, the Delaware Bicycle Council, Sussex County EMS professionals, the Delaware Office of EMS, the Delaware Division of Public Health, and the Delaware State Police.

It was determined that between June and September 2002 there were 24

bicycle crashes in Sussex County. Of those 24, 18 were on Route 1 - the primary beach travel road. Fourteen of the crashes involved out of state visitors and 9 involved foreign exchange students. Also, in 14 cases, the cyclist was at fault.

The underlying problem soon became clear - many out of state visitors and foreign students were unaware of Delaware's cycling laws. Also, the number of injuries was a direct result of these cyclist not wearing helmets or taking other safety precautions. The committee agreed to print more than



200,000 safety brochures, funded by DelDOT and Public Health. These brochures were then distributed to realtors, hotel lobbies, restaurants, job fairs, state parks, and local bike shops.

In addition to the brochures, Public Health purchased 3,000 reflective bracelets and stickers. The Delaware State Police also planned to increase their enforcement efforts along the Route 1 corridor.

The committee teamed with the Ocean Atlantic Real Estate Agency in Rehoboth Beach to distribute bike helmets to those in need, as well as to distribute other safety items and information. Ocean Atlantic and the State Police contributed a large number of helmets, which were then distributed to adults as they passed the location on their bicycles. The committee will meet again in early summer 2004 to review the data from summer 2003 and determine effectiveness of its efforts.

### Bicycle Maps Available from DelDOT

Two Delaware bicycle maps are available free from DelDOT - the New Castle County map issued last year and the Kent/Sussex County map issued in 2000.

You can order online at [www.del-dot.net/static/pubs\\_forms/manuals/maps\\_orderform.htm](http://www.del-dot.net/static/pubs_forms/manuals/maps_orderform.htm). Maps are also available from the Tourism Office by calling 1-866-284-7483

This web site also has information on other available Delaware maps.

### 2004 Bicycling Event Calendar

#### Date

#### Event / Contact Info

Mar 27	WCBC Icicle Metric Century / <a href="http://www.whiteclaybicycleclub.org">www.whiteclaybicycleclub.org</a>
Apr 25	MS Mason-Dixon Ride / <a href="http://www.nationalmssociety.org/MSBike-Delaware.asp">www.nationalmssociety.org/MSBike-Delaware.asp</a>
May 1	Bike at Bellevue State Park / (302) 761-6952
May 8	Cloutier Bike Rodeo for Kids / (302) 994-2656
May 12	Legislator's Ride to Work / <a href="http://www.deldot.net/static/bike">www.deldot.net/static/bike</a>
May 22	Tour de Cure / 888-diabetes or <a href="http://www.diabetes.org">www.diabetes.org</a>
May 23	Krispy Kreme Crit Races / <a href="http://www.wilmingtonvelocity.com">www.wilmingtonvelocity.com</a>
Jul 4	WCBC Delaware Double Cross / <a href="http://www.whiteclaybicycleclub.org">www.whiteclaybicycleclub.org</a>
Aug 28	WCBC Shore Fire Century / <a href="http://www.whiteclaybicycleclub.org">www.whiteclaybicycleclub.org</a>
Sep 11	Amish Country Tour, Dover / <a href="http://www.visitdover.com/tours/eventbiketour.html">www.visitdover.com/tours/eventbiketour.html</a>
Sep 26-27	WCBC Twin Centuries / <a href="http://www.whiteclaybicycleclub.org">www.whiteclaybicycleclub.org</a>
Oct 3-4	MS150 Bike to the Bay / <a href="http://www.nationalmssociety.org/MSBike-Delaware.asp">www.nationalmssociety.org/MSBike-Delaware.asp</a>
Oct 6	Delaware Senior Olympics Time Trails / <a href="http://www.delawareseniolympics.org">www.delawareseniolympics.org</a>
Oct 9	Delaware Senior Olympics Road Race / <a href="http://www.delawareseniolympics.org">www.delawareseniolympics.org</a>
Oct 16	WCBC Savage Century / <a href="http://www.whiteclaybicycleclub.org">www.whiteclaybicycleclub.org</a>
Oct 24-26	WCBC Cape May Weekend / <a href="http://www.whiteclaybicycleclub.org">www.whiteclaybicycleclub.org</a>

WCBC = White Clay Bicycle Club



## Bike Month Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The majority of the rides listed on this calendar are sponsored by local bicycling clubs.  <b>WCBC</b> is the White Clay Bicycling Club based in New Castle County -- for more ride details see <a href="http://www.whiteclaybicycleclub.org">www.whiteclaybicycleclub.org</a>  <b>FSVS</b> is the racing affiliate of WCBC -- see <a href="http://del.net/org/fsvs">del.net/org/fsvs</a>  <b>DDSR</b> is the Downstate Delaware Striders and Riders, a new club in Kent County for Cyclists and Runners/Walkers -- see <a href="http://www.ddsr.org">www.ddsr.org</a>                      Also DelDOT and the Dover Kent MPO are planning some events still to be scheduled -- check <a href="http://www.deldot.net">www.deldot.net</a> for updates.</p>						1
2 WCBC Ride to Augustine Beach 8:30 AM - 50 miles <b>JMcC</b> WCBC Audiophile's Delight 7:30 AM - 103 miles <b>FW</b>	3 WCBC Very Hilly Training Ride 5:45 PM - 28 to 38 miles <b>AC</b>	4 DDSR Dover Ride 5:15pm - 25-30miles <b>MKS</b> WCBC Tuesday Night Rides 6pm - 25-35mi two groups for various skill levels <b>BHS/EM</b> WCBC Bike to Bay training Ride 6 PM 10 to 20 miles <b>DA</b>	5 WCBC Training Ride 5:45 PM - 32 to 42 miles <b>AC</b> <b>FSVS</b> Racer Training Ride 5:30 PM - 2 hours <b>LV/NW</b>	6 WCBC People's Plaza Ride 6PM - 20 to 25 miles <b>NS</b>	7 WCBC Recovery Ride 6 PM - 25 to 35 miles <b>JoJ</b>	8 Cloutier Bike Rodeo for Kids - 1 PM <b>DM</b> WCBC Ride Leader Training 10 AM - Ride followed by discussion <b>JoJ</b> WCBC Pinnacle Century 7:30 AM - 100 miles <b>MN</b>
9 WCBC Ashland Tour Fit & Fun Ride 9 AM - 25 to 30 miles <b>HR</b>	10 WCBC Very Hilly Training Ride 5:45 PM - 28 to 38 miles <b>AC</b> WCBC Hill Practice 6 PM - Several times up hill on Rt. 213 <b>JoJ</b>	11 DDSR Dover Ride 5:15pm - 25-30 miles <b>MKS</b> WCBC Tuesday Night Rides 6pm - 25-35mi two groups for various skill levels <b>BHS/EM</b> WCBC Bike to Bay Training Ride 6 PM - 10 to 20 miles <b>DA</b>	12 Legislators Bike to Dover Ride 7 am - 56miles one way <b>DC</b> WCBC Training Ride 5:45 PM - 32 to 42 miles <b>AC</b> <b>FSVS</b> Racer Training Ride 5:30 PM - 2 hours <b>LV/NW</b>	13 WCBC People's Plaza Ride 6PM - 20 to 25 miles <b>NS</b>	14 Bike to Work Day Ride your bike to work and encourage others to do the same. <b>WCBC</b> Recovery Ride 6 PM - 25 to 35 miles <b>JoJ</b>	15 TMA Bicycle Patrol Course 8AM to Noon - <b>CL</b> WCBC MS Bike to Bay Training Ride 9 AM - 20-25 miles <b>HR</b> WCBC Mt. Pigsah Ride 8:30 AM - 85 miles <b>MB</b>
Bike To Work Week						
16	17 WCBC Very Hilly Training Ride 5:45 PM - 28 to 38 miles <b>AC</b>	18 DDSR Dover Ride 5:15pm - 25-30miles <b>MKS</b> WCBC Tuesday Night Rides 6pm - 25-35mi two groups for various skill levels <b>BHS/EM</b> WCBC Bike to Bay Training Ride 6 PM 10 to 20 miles <b>DA</b>	19 WCBC Training Ride 5:45 PM - 32 to 42 miles <b>AC</b> <b>FSVS</b> Racer Training Ride 5:30 PM - 2 hours <b>LV/NW</b>	20 FSVS Mountain Bike Ride at Middle Run 6 PM <b>LJ</b> WCBC People's Plaza Ride 6PM - 20 to 25 miles <b>NS</b>	21 WCBC Recovery Ride 6 PM - 25 to 35 miles <b>JoJ</b>	22 Al duPont Hospital Bike Rodeo 10 AM <b>AK</b> Tour de Cure - 10, 31 or 62 miles 1-888-DIABETES WCBC Hawk Mountain Twin Century Sat/Sun - 200 miles <b>WH</b>
23 WCBC Fit & Fun Lunch Ride 9 AM - 25 miles <b>BA</b> WCBC Icicle Ride in May 8:30 AM - 32 to 45 miles <b>CI</b> Krispy Kreme Crit Challenge (Races) <b>DM</b>	24 WCBC Very Hilly Training Ride 5:45 PM - 28 to 38 miles <b>AC</b> WCBC Hill Practice 6 PM - Several times up hill on Rt. 213 <b>JoJ</b>	25 DDSR Dover Ride 5:15pm - 25-30miles <b>MKS</b> WCBC Tuesday Night Rides 6pm - 25-35mi two groups for various skill levels <b>BHS/EM</b> WCBC Bike to Bay Training Ride 6 PM 10 to 20 miles <b>DA</b>	26 WCBC Training Ride 5:45 PM - 32 to 42 miles <b>AC</b> <b>FSVS</b> Racer Training Ride 5:30 PM - 2 hours <b>LV/NW</b>	27 FSVS Mountain Bike Ride at Middle Run 6 PM <b>LJ</b> WCBC People's Plaza Ride 6PM - 20 to 25 miles <b>NS</b>	28	29 WCBC Chestertown Tea Party 9 AM - 50 miles <b>NS</b> WCBC Cornwall Furnace Ride 8 AM - 90 miles <b>WH</b>
30 WCBC Annual MDW Ride to Mt. Gretna 9 AM - 73 miles <b>ER</b>	31 WCBC Centreville Century 7:30 AM - 100 miles <b>MN</b> WCBC Very Hilly Training Ride 5:45 PM - 28 to 38 miles <b>AC</b>					

**Ride Contacts** - All #'s area code 302 unless otherwise noted.

**JuJ** - Judi Jeffers 761-6592 [judi.jeffers@state.de.us](mailto:judi.jeffers@state.de.us), **HR** - Harry Russell 239-0334 [castlebag@juno.com](mailto:castlebag@juno.com), **JB** - Jeff Butcher 737-3660 [jrbutcher@hotmail.com](mailto:jrbutcher@hotmail.com), **MCM** - Mary Clare Matsumoto 731-1430 [mcm2004@aol.com](mailto:mcm2004@aol.com), **FW** - Frank Warnock 366-0842 [mtn2lion@netscape.net](mailto:mtn2lion@netscape.net), **AC** - Aaron Chen [Aaron.Chen-1@USA.dupont.com](mailto:Aaron.Chen-1@USA.dupont.com), **MKS** - Mike & Kim Stockslager 242-6676 [trekbiker2100@yahoo.com](mailto:trekbiker2100@yahoo.com), **BHS** - Bob & Helen Spinden 834-4923 [hnbispinden@hotmail.com](mailto:hnbispinden@hotmail.com), **EM** - EdMcNulty 834-7429, **DA** - Dick Albertson 475-5869, **LV** - Lisa Vible [fixedgearlisa@comcast.net](mailto:fixedgearlisa@comcast.net), **NW** - Nancy Waddell [nancy.e.waddell@usa.dupont.com](mailto:nancy.e.waddell@usa.dupont.com), **NS** - Norm Shurak 610-558-2615 [nshurak3@hotmail.com](mailto:nshurak3@hotmail.com), **DM** - Doug Mills 994-2656 [wvcykel@comcast.net](mailto:wvcykel@comcast.net), **JoJ** - Jo Johnson 478-6104 [jojoh@erols.com](mailto:jojoh@erols.com), **MN** - Mario Nappa 239-1179 [ibikealot@hotmail.com](mailto:ibikealot@hotmail.com), **BA** - Bob Adelman 234-1057 [tandemcyclist@yahoo.com](mailto:tandemcyclist@yahoo.com), **CI** - Carol Ireland 995-9658, **WH** - Wally Hertler 610-388-7115, **ER** - Ed Ruchelli 215-572-0753, **CL** - Chris Law 266-6353 [crklaw@aol.com](mailto:crklaw@aol.com), **DC** - Don Carbaugh 529-7929 [dcarbaugh@comcast.net](mailto:dcarbaugh@comcast.net), **AK** - Angela Kates 651-4349

# Delaware Bicycle Crash Information

By Lisa Moore, Office of Highway Safety

In 2002 there were 108 bicycle crashes, resulting in 89 injuries and 5 fatalities. That number of crashes increased slightly in 2003. There were 113 bicycle crashes, resulting in 103 injuries and 2 fatalities. Of further note, the crashes are heavily over-represented in New Castle County. In 2002, 70 of the 108 crashes occurred in New Castle County. In 2003, 66 of 113 crashes, as well as both fatalities, occurred in New Castle County.

The Office of Highway Safety (OHS) works to reduce the incidents of bicycle crashes, injuries and fatalities through a number of countermeasure programs. OHS manages the State's bicycle helmet bank. In 1995, the Delaware General Assembly required the state to initiate a bicycle helmet bank for low-income families with children under the age of 16. This program is coordinated at the county-level, through the Community Traffic Safety Program coordinators. Once a need is established, education and helmet distribution is conducted for parents and children. In FY 2003, 692 helmets were distributed to children from low-income families.

OHS also funds the TIPP program through a sub-grant award. The TIPP program combines bicycling and pedestrian safety programs and their resources to make a more significant impact on reducing crashes. The program includes community partnerships; a bicycle safety peer education program; a resource center for schools, youth organizations, and civic groups; and media outreach. The school programs are presented to elementary and middle school-aged children by trained safety presenters and include take home information for parents.

In addition, OHS holds a seat on the Bicycle Council. The Council strives to increase facilities and opportunities for bicycling, to be an identifiable resource for cyclists, to promote safety in bicycling, and to increase the number of cyclists in Delaware. The Council includes representatives from the community, the Department of Transportation, the Department of Health and Social Services, the Delaware State Police, the Division of Parks and Recreation, and the Office of Highway Safety, as well as many others.

## James F. Hall Trail



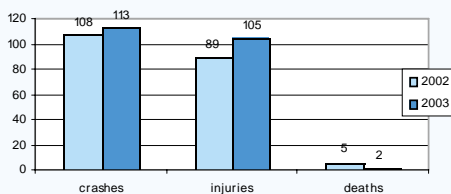
The James F. Hall Trail is a 1.76-mile, multi-user path running from Bradford Lane and Apple Road to Wyoming Road at the College Square Shopping Center in Newark. The trail, which opened in July 2003, is paved, with an adjacent jogging/walking path of crushed stone or turf. The paved surface can be used by skaters or cyclists. Among the features offered by the trail are:

- No Motor Vehicles! The path does not cross streets except at dead ends. The path goes under South College Avenue and Library Avenue (Rt. 72).
- Access to the Amtrak Station, College Square Shopping Center and Main Street via connecting streets.
- Passes through three city parks - Phillips, Lewes and Kells. Cyclists and skaters should watch for small children in these areas and yield to pedestrians along the entire path.
- Lighting and police call boxes along the whole trail.
- Bike racks, benches and litter receptacles along the trail. Bike/skate repair shops are accessible via S. Chapel Street.
- Passes over streams, through woods, along wetlands, near fast trains on the adjacent fenced Amtrak line.

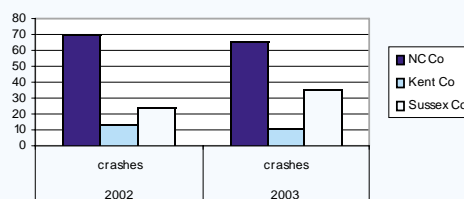
Another proposed trail (the "Pomeroy Line") is planned to connect the James F. Hall Trail to Main Street, the Transit Hub and White Clay Preserve.

For more information, please call the Newark Parks and Recreation office at 366-7060.

Bicycle Crashes



Bicycle Crashes by County





## ***DelDOT Bicycle and Pedestrian Updates...***

***By David Petrosky, Project Planner, DelDOT***

The Delaware Department of Transportation is working on several new initiatives that are intended to raise the bar when it comes to developing and constructing Bicycle and Pedestrian Facilities across the state and furthering the goals of Livable Delaware.

The first of these initiatives is the Statewide Bicycle Master Plan. This plan is a comprehensive look at the state of Delaware in an effort to link communities statewide with the inception of additional state bike routes, with local and regional connections off of these main routes and to help guide the state in determining priority areas for future bicycle connections. The plan will also help DelDOT planners and engineers by developing a set of design guidelines for different types of facilities and roadway classifications.

Secondly DelDOT is undertaking a Pedestrian Master Plan for the State as well. Unlike cyclists, pedestrians tend to take shorter trips when they venture out, and because people walk for different reasons, there are a variety of types of users to accommodate. This effort is similar in nature to the Bike Plan, but the primary focus is on identifying the needs of pedestrians and the connections that need to be made in order to fulfill those needs. Another part of the effort included in the development of this plan will be research into current state policies and practices that affect walking in Delaware. The pedestrian plan will also help the Department to prioritize locations for future investment and increase our coordination efforts that link pedestrians to other modes such as the transit network.

The third effort is the Rail to Trail Facility Master Plan. This endeavor will examine the feasibility of conversion for 11 of the State's abandoned rail lines in to multi-use Bicycle Pedestrian facilities. Each corridor will be studied to a conceptual design stage and preliminary estimates will be prepared to indicate the feasibility of conversion. All told there are 11 tracks totaling roughly 105

miles of abandoned rail corridors that will be included in this study. Many of these lines parallel major roadways where cycling conditions may not necessarily be the acceptable for all but the most confident of riders. The potential development of these rail trails would be a great opportunity for the state to provide off alignment trail facilities that could be enjoyed by all levels of users for transportation or recreation.

The progress of both the Bicycle and Pedestrian Master Plans can be followed on DelDOT's website by going to the following link [www.deldot.net/static/projects.html](http://www.deldot.net/static/projects.html) There you will find updates on the project progress, most current display boards, photographs and an electronic comment area. The Rail Trail Facilities Master Plan just got started in April, but information and updates should soon be there as well. It is anticipated that all three of these plans will be finished by the end of this calendar year and will provide DelDOT Planners and Engineers with the tools needed to continue to develop and construct safe, efficient, multi-modal friendly transportation options to the citizens of Delaware for years to come.

## ***Celebrate National Trails Day at Wilmington's South Park Drive***

***June 5, 2004 10:00 am - 2:00 pm***

Trails Day will be celebrated at South Park Drive in Wilmington State Parks on June 5, 2004 from 10am to 2pm with a good old fashioned street fair! Food, games, storytelling, clowns, music, art, nature walks, traveling zoo animals and more will entertain, educate, and delight your whole family! The event is free and open to the public

There will be something for everyone! Walk or bicycle to the park or get a ride from one of several bus stops around the City. For more information contact Wilmington State Parks at 302-577-7020 or The City of Wilmington at 576-3810. The South Park Drive Street Fair and National Trails Day Celebration is being brought to you by the Friends of Wilmington State Parks, City of

Wilmington, The Delaware Division of Parks and Recreation, The Brandywine Zoo, Delaware Greenways, and the Delaware Center for Horticulture. Come join us for a healthy, fun-filled day in the great outdoors.



# Delaware Bicycle Council Membership Changes

The Bicycle Council would like to thank the following members who have left the Council in the past year:

- Janet Arns - Dept. of Education Representative for three years
- Jay Kelley - Dept. of Transportation Representative for three years
- Paul Stevenson - New Castle County Representative for six years

And we would like to welcome the following members who have joined the Council within the past year:

- Harry Isaacs, Jr. - Council on Transportation Representative
- Calvin Weber, Jr. - DelDOT Representative
- Tom Hartley - Kent County Representative

- Doug Mills - New Castle County Representative
- Nicholas Vacirca - Dept. of Education Representative
- Tim Willard - Sussex County Representative

If you would like to be considered for future openings on the Delaware Bicycle Council, contact:

Don Carbaugh, 302-529-7929  
dcarbaugh@comcast.net  
or  
Lydia Prigg, 302-739-4101  
lydia.prigg@state.de.us

## Congressional Bicycle Caucus

One hundred twenty three members of Congress are listed as members of the Congressional Bicycle Caucus, founded in 1996 as "an informal, bipartisan group whose primary goal is to provide a place for cycling Members of Congress and staff to have fun" and to provide Congressional leadership to complement advocacy efforts to improve conditions for bicyclists.

To see who the members are check out Oregon Rep. Blumenauer's web site at [www.house.gov/blumenauer/bike.html](http://www.house.gov/blumenauer/bike.html)

## DelDOT Maintenance Hotline

New Castle County (North)  
368-6628  
New Castle County (Canal)  
323-1111  
Kent County (Central)  
739-1111  
Sussex County (South)  
855-1111  
(Business Hours Only)



Pictured above are the 2003 state champions at First State BMX track in Milford. First State has one of the top BMX programs in the country. For the names of the 2003 champions as well as much more information on their program, see their web site [www.firststatebmx.com](http://www.firststatebmx.com).

## Delaware Senior Olympics

Bicycling is just one of 24 competitive sports and events that make up the Delaware Senior Olympics, held during September and October every year. In addition there are noncompetitive fitness programs for most of the competitive sports.

Any Delaware resident age 50 and over is eligible to compete in the annual games. Competitions are held separately for men and women in five year age groups starting at 50 years old and going up to 100+. Athletes who qualify in the state games may participate in the National Senior Games held every two years. The bicycling events are:

### Time Trials

Wednesday, October 6, 2004  
Dover Downs Speedway

Age Groups:	Distances for each age group:
50 - 54	1 mile
55 - 59	5k
60 - 64	10k
65 - 69, etc.	

In the time trials, riders go out one at a time at 60 second intervals. The best time for each age group for each gender is the winner.

### Road Races

Saturday, October 9  
Marydel, DE

Age Groups:	Distances for each age group:
Same As For Time Trials	20k (12.5 miles) 40k (25 miles)

In the road races, the first one over the finish line for each age group for each gender is the winner.

The races this year are qualifying races for next year's Nationals in Pittsburgh.

For more information, contact Suzanne Cavanaugh at [clcsgc58@yahoo.com](mailto:clcsgc58@yahoo.com) or 302-454-0202. Also, see their web site at [www.delawareseniorylympics.org](http://www.delawareseniorylympics.org)

## Bikes in State Parks - Come On and Take A Free Ride

By Judi Jeffers

Through grant funding received from the Delaware Department of Transportation, the Delaware Bicycle Council has purchased bicycles for use at Bellevue State Park at no cost for park visitors. The twelve mountain style bikes for men, women and children are available free for use in the park. Several years ago this successful Park Peddler program was introduced at Cape Henlopen State Park. Bellevue guidelines for use are similar to Cape's:

"Visitors are asked to observe the following:

Wear a helmet; bikes are permitted on park roads and designated bike paths; bikes are not permitted on nature trails; warn pedestrians in advance that you will pass to their left; ride to the right on roads and bike paths; use hand signals when stopping or turning on park roads;

do not lock up a bike at any time; and return bikes to the Park Office when you are finished cycling."

The bike user will leave a license or credit card at the office as security. That will mean the bikes can only be used when the office is open. That's 7 days a week starting on May 1st, from 8:30 am to 4:30 pm.

In 1999 the Delaware Bicycle Council provided grant funding to the Division of Parks & Recreation to purchase ten bicycles, then known as "white bikes" at Cape Henlopen State Park. Offering free bikes became an instant success.

"The Park Peddler Program is a wonderful way to get more people interested in cycling," said Charles A. Salkin, director of DNREC's Division of Parks and Recreation. "It's a great way to stay in

shape, spend time with your family, and have a good time."

Mark your calendar, bring a helmet and join members of the Bicycle Council and representatives from the Bellevue staff and guests:

**When:** Saturday, May 1, 2004 (rain or shine)

**Where:** 10 AM, Bellevue State Park (Meet at the track bulletin board)

Please feel free to join us on your own bike. Members of the Bicycle Council will be giving away bike lights and medical information carrier systems ("make your helmet a lifesaver") and bicycle safety information.

*We're celebrating  
Bicycle Month!*

Join us on May 12 for the 15th annual Legislators Bike To Work Ride. This 56-mile (one way) ride began in May 1990, with State Rep. Roger Roy leading bicycling enthusiasts from the Delcastle Recreation Area to the steps of the State Capitol in Dover to attend the signing of the bill creating the Delaware Bicycle Council. Since then it has become an annual event to promote bicycling during national bicycling month. There are rendezvous points along the way for those who prefer a shorter ride (for example 30 miles from Middletown or 14 miles from Clayton). See the Bicycle Council web site for approximate leaving times from the intermediate points, and for a cue sheet for the entire route.

In recent years Rep. Roy and State Sen. Dave Sokola have led bicyclists from Delcastle to Dover. They were joined by as many as 80 other cyclists along the

route, including DelDOT Secretary Nathan Hayward, and officials from DNREC, New Castle County, the Delaware Bicycle Council, the Council on Greenways and Trails, and the various police bicycle patrols. Some of the more serious bicyclists bike back to Delcastle in the afternoon for a total of over 100 miles.



*Legislator's Bike to Work Ride*

Again this year DelDOT will provide return transportation from Dover for riders and their bikes for those who only want to bike one way. If you want return transportation, you must make an advance reservation - call Dave Petrosky 302-760-2128 or e-mail him at [\[mail.dot.state.de.us\]\(mailto:mail.dot.state.de.us\). Also, "sag" service will be provided by Bike Line on the route \(to Dover only\) for those experiencing mechanical problems.](mailto:dpetrosky@</a></p></div><div data-bbox=)

Again this year Carol Senerchia will lead a group from Sussex County. This 42-mile ride leaves Milton at 7:30 AM starting from the parking lot at Union and Magnolia Streets and follows Bicycle Route 1 to Dover. DelDOT will shuttle riders and bikes back to Milton after the ride, but Carol must have a count of heads and bikes in advance to determine the number of shuttles needed. Call her at 302-732-1130 or e-mail her at [cabinetconnection@juno.com](mailto:cabinetconnection@juno.com) for more information

and to confirm that you are going to join the ride.

Cue sheets for both rides are available on the Bicycle Council web site, [www.del-dot.net/static/bike](http://www.del-dot.net/static/bike)

*A Cooperative Effort of the Delaware Bicycle Council and the Delaware Department of Transportation*  
**“Our Mission is to Promote and Enhance Bicycling in Delaware.”**  
[www.delDOT.net/static/bike](http://www.delDOT.net/static/bike)

**Delaware Bicycle Council News**  
**P.O. Box 778**  
**Dover, DE 19903**



## **Delaware Bicycle Council Membership and Staff Support**

### ***Appointed***

#### ***Representatives***

<b><i>Representing</i></b>	<b><i>Phone Number</i></b>	<b><i>E-Mail Address</i></b>
Don Carbaugh	529-7929	dcarbaugh@comcast.net
Fred Breukelman	739-4724	fbreukelman@state.de.us
Harry Isaacs, Jr.	684-1332	
Judith Jeffers	761-6952	Judi.Jeffers@state.de.us
Tom Hartley	697-6400	thartley@diamondelectric.org
George Heberling	856-5850	george.heberling@state.de.us
Danna Levy	478-7853	dmlevy9@aol.com
Laura Madara	577-7202	lmadara@state.de.us
Doug Mills	994-2656	wvcykel@Comcast.net
Lisa Moore	744-2740	LMoore@state.de.us
Tim Plemmons	655-7275	greenways@dca.net
Nicholas Vacirca	739-4658	nvacirca@doe.k12.de.us
Calvin Weber, Jr.	760-2365	cweber@mail.dot.state.de.us
Amy Wilburn	995-2985	dioglaert@aol.com
Tim Willard	856-7777	tgwillard@fuguaandyor.com

### ***Staff Support***

<b><i>Affiliation</i></b>	<b><i>Phone Number</i></b>	<b><i>E-Mail Address</i></b>
DelDOT Planning	760-2112	jcantaloupo@mail.dot.state.de.us
Deputy Attorney General	760-2020	fschranck@mail.dot.state.de.us
Admin. Assistant	760-2121	wbernard@mail.dot.state.de.us